

Italian Chicken Flatbread

Makes: 6 Servings

Ingredients

2 tablespoons green, yellow, and red peppers, diced
6 multigrain flatbread
1 pound Frozen spinach, chopped
1 teaspoon butter buds, reconstituted
2 teaspoons all-purpose flour
1/16 teaspoon ground nutmeg
4 1/2 ounces skim milk
1/16 teaspoon black pepper
3 ounces light mozzarella cheese, shredded
1 13/100 ounces light mozzarella cheese, shredded
9 ounces fully cooked chicken, diced



Directions

1. To prepare alfredo sauce thaw spinach and press out residual water. Reconstitute butter buds according to package directions. Heat to hot but not boiling; whisk in flour, stirring until smooth. Slowly add milk and stir until thickened. Add nutmeg and pepper. Fold in spinach and cheese.
2. Add peppers to pan and steam for 3 minutes.
3. For each flatbread, add 1 tablespoon of alfredo sauce mixture, 1.5 oz. chicken, and top with 1 tablespoon of peppers.
4. Sprinkle 1 oz. mozzarella cheese on top of the flatbread.
5. Place in oven at 350° for about 5 minutes to crisp the flat bread and melt cheese.
6. Serve on sheet pan.

Notes

Serving Size: 1 flatbread pizza